

MOTION BY SUPERVISOR GLORIA MOLINA

June 15, 2010

“Steps to a Healthier Lifestyle” is a new initiative developed by the Los Angeles County Commission for Women, which sponsors an annual “LA County Run for Health 5K Run/Walk” each September. The Commission’s initiative was developed as a public-private partnership between the County Departments of Parks and Recreation and Public Health, as well as Kaiser Permanente and Anthem Blue Cross.

To enhance this initiative, the Commission plans to provide County employees with free weekly classes on fitness and nutrition to compliment the current Countywide Wellness Program. In support of the Commission’s initiative, “Steps to a Healthier Lifestyle,” County Department Wellness coordinators will be asked to serve as the contact within their respective Departments to disseminate information about the initiative and the Commission’s “LA County Run for Health 5K Run/Walk.”

Department Wellness coordinators also will encourage colleagues to support and participate in the “LA County Run for Health 5K Run/Walk ”, which will be held on September 11, 2010 at Dockweiler Beach in Playa del Rey.

MOTION

Ridley-Thomas _____

Yaroslavsky _____

Knabe _____

Antonovich _____

Molina _____

I, THEREFORE MOVE, that the Board of Supervisors take the following actions:

1. Request that the Department of Public Health-Office of Women's Health and the Department of Parks and Recreation, in partnership with the County Commission for Women, convene a "Steps to a Healthier Lifestyle" Committee and include Departmental Wellness coordinators; and
2. Direct the "Steps to a Healthier Lifestyle" Committee to promote the September 11, 2010 "LA County Run for Health 5K Run/Walk;
3. Request that all County employees participate in the free, weekly fitness and nutrition classes offered by the Commission for Women;
4. Request that the Auditor-Controller publicize the September 11, 2010 event on the August 13, 2010 paychecks and encourage employee participation;
5. Proclaim Saturday, September 11, 2010 as "LA County Run for Health 5K Run/Walk Day" in support of the event, which encourages all employees to live a healthier lifestyle; and
6. Request the Department of Beaches and Harbors to waive the permit fee of \$200 and gross receipts estimated at \$6,500 and reduce parking to \$1 per car for the "LA County Run for Health 5K Run/Walk" on Saturday, September 11, 2010 at Dockweiler State Beach.